

# Don't Pass the Salt!

## 5210 Introduction

Children today are consuming too much salt, which can lead to heart problems and health problems early on. Most unnecessary added salt comes from processed foods, breads and cereals. Use the challenges below to understand why too much salt can be harmful for your health and ways you can cut back the amount of salt for you and your children's diets.

#howmuchsalt  
#saltintake  
#5210HMC



## Post to Social Media

Just copy, paste and post!



US children ages 6-18 years eat an average of about 3,300 mg of sodium a day before salt is added at the table. The 2010 Dietary Guidelines for Americans recommend that children eat less than 2,300 mg per day. That's about 9 in 10 children eating more than the recommendations! So start using less salt today and use the sodium tracker <https://bit.ly/2MPbNz5> and cooking without salt <https://bit.ly/2Sbe6T9> worksheets to get started. To learn more about 5210 Healthy Military Children, visit [5210.psu.edu](http://5210.psu.edu)!



Did you know that 9 in 10 children between the ages of 6-18 eat too much salt. The Dietary Guidelines recommend at least 2,300 mg or less per day. Use the handouts to explore ways to cook with less salt <https://bit.ly/2Sbe6T9> and to track your sodium intake <https://bit.ly/2MPbNz5> #5210HMC #dontpassthesalt #saltintake

## Choose a Challenge

### Cooking Without Salt

<https://5210.psu.edu/wp-content/uploads/2018/10/Cooking-Without-Salt-hmc.pdf>

### Hold the Salt

<https://5210.psu.edu/wp-content/uploads/2018/10/Hold-the-Salt-hmc.pdf>

### Sodium Myths and Facts

<https://5210.psu.edu/wp-content/uploads/2018/10/Sodium-Myths-and-Facts-hmc.pdf>

### Sodium Tracker

<https://5210.psu.edu/wp-content/uploads/2018/10/Sodium-Tracker-hmc.pdf>

## Provide Feedback

Complete the feedback tool to let us know how your monthly booster went - what did you do, how and where did you distribute information, who all got involved, what worked, what didn't work, what did you like, what didn't you like, what did the kids and families seem to enjoy, or give us your ideas!

[5210 Monthly Booster Feedback Tool](#)